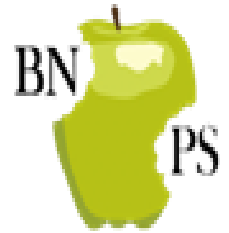


# Wednesday's Wisdom

January 2015



## Happy New Year!



### SAFE Training for 2015

Have a "SAFE" start to the New Year - Safety Awareness in the Food Environment, Food Safety training for new employees and those who want refresher information; Thursday, March 26, 2015; see attached flyer for more information and how to register. Seating is limited and registration will end when the class is full.

### CREDITING JUICE IN SCHOOL MEALS

Juice must be pasteurized **100 percent full-strength** fruit juice, vegetable juice or a combination of both. The name of the full-strength fruit juice as it appears on the label must include the words "juice" or "full-strength juice" or "100 percent juice" or "reconstituted juice" or "juice from concentrate."

At lunch, juice cannot count for more than **half** of the weekly fruits component or half of the weekly vegetables component. At breakfast, effective July 1, 2014, vegetable juice together with fruit juice cannot count for more than half of the weekly fruits component at breakfast.

Juice blends are creditable if they are a combination of full-strength fruit juices, full-strength vegetable juices or full-strength fruit and vegetable juices. At lunch, fruit and vegetable juice blends credit based on the first ingredient.

- ❖ If the first juice ingredient is **fruit juice**, it contributes to the **fruits** component.
- ❖ If the first juice ingredient is **vegetable juice**, it contributes to the **"other"** or the **"additional" vegetables** requirement, depending on the needs of the menu planner.

The crediting of juice blends containing two or more different vegetable juices depends on whether the vegetables are from the same or different subgroups.

### \$1 Million Available through the Champions for Healthy Kids Grants!

Over the past 12 years, the Academy of Nutrition and Dietetics Foundation and the General Mills Foundation has awarded over \$6 million in Champions for Healthy Kids grants to nonprofit organizations across the U.S. promoting healthy eating and active lifestyles targeted to kids and families. This year, the General Mills Foundation has committed to offering \$1 million in grants, awarding fifty, \$20,000 grants. Applications must involve the program expertise of an RDN or DTR member of the Academy of Nutrition and Dietetics. Visit [www.eatright.org/foundation/championgrants](http://www.eatright.org/foundation/championgrants) to access the grant application and learn more about previously funded programs. Applications are due Friday, January 23, 2015 at 5pm CST. Please email questions to [KidsEatRight@eatright.org](mailto:KidsEatRight@eatright.org).

### Food Trend Predictions for 2015 according to National Restaurant Association – Local & Environmentally Sustainable

1. **Kids meals** are predicted to be more healthful and contain more whole grain items. In addition, there will be an increase in fruit and vegetable side dishes. More kid's entrée salads will be menued and "oven-baked" is the trend.
2. **Hottest veggie?** Move over kale! BrusselKale, Rainbow Carrots, Broccoflower and Radishes are making headway in farmer's markets. Locally grown produce such as heirloom apples, uncommon herbs and organic are hot!
3. **Sweet Alternative!** Concerns with bee populations have food makers turning from honey and going to maple syrup to sweeten foods. Locally sourced in New England! An environmentally sustainable food product.
4. **From sweet to sour and smoky.** Sour and smoky are the flavor trends in 2015 and will show up in main dishes and desserts.
5. **Plant Proteins** As more plant based proteins are requested, ancient grains such as faro and barley will show up in foods as well as sprouted grain products and quinoa. Hemp seeds will be on the rise as they contain omega-3 fatty acids. Locally grown is the word!
6. **Ethnic cuisine gets authentic!** Peruvian and Spanish cuisine become popular along with Southeast Asian cuisine.
7. **Farm branded** items are still high on the trend list. Locally sourced meats, cheeses and sustainable seafood will be on menus.